BITTER TWEET

A LONDON CITY COUNCILLOR IS CALLING FOR AN END TO DISTRACTING TWITTER AND FACEBOOK USE ON THE COUNCIL FLOOR PAGE 3

Learn how modernizing OLG can benefit you. Visit ModernOLG.ca

Lotto MAX Friday's Jackpot
$50 MILLION estimated
PLUS MAXMILLIONS
25 EXTRA estimated
$1 MILLION PRIZES

LONDON metro®

Tuesday, October 16, 2012

News worth sharing.

metronews.ca | twitter.com/themetrolondon | facebook.com/themetrolondon

Dalton days are done

Public service

"I have never doubted his sincere commitment to the people in this great province of Ontario, and I thank him for his service."

Tim Hudak, PC Leader

Curious timing?

"Proroguing now is doing a disservice to the people of this province. The timing is very curious, certainly. I don't know what the premier stands to gain by proroguing."

NDP Leader Andrea Horwath

Support for industry

"Premier McGuinty exercised real foresight in pledging support for a number of key industries, particularly the auto industry during the time of crisis. The province would have experienced dramatic and lasting mass unemployment without these efforts, and Ontarians do owe him a debt of gratitude."

Ken Lewenza, national president, CAW

Prorogues legislature. Queen's Park to shut down while Grits choose new leader, negotiate with opposition over public-sector wage freeze

ALEX BOUTILIER and JESSICA SMITH
london@metronews.ca

Facing a deluge of criticism and charges his government misled the legislature, Premier Dalton McGuinty has asked his party to select a new leader.

McGuinty made the announcement at a snap caucus meeting in Toronto on Monday night. He has asked Liberal Party president Yasir Naqvi to convene a leadership convention at the "earliest possible time."

"I will remain as premier until that leadership convention," McGuinty said to his caucus. "And it will be my honour to continue to serve as the MPP for Ottawa South until the next general election."

One of McGuinty's final acts before the announcement was to ask Lt.-Gov. David Onley to prorogue parliament, shutting down Queen's Park for months while the Liberals select a new leader.

In addition to providing time for "renewal," it ends the opposition's daily chance to hammer the government about its decision to cancel power stations in Oakville and Mississauga. The government says that decision cost taxpayers $230 million. But the opposition, suggesting the decision was political, put the figure closer to $650 million.

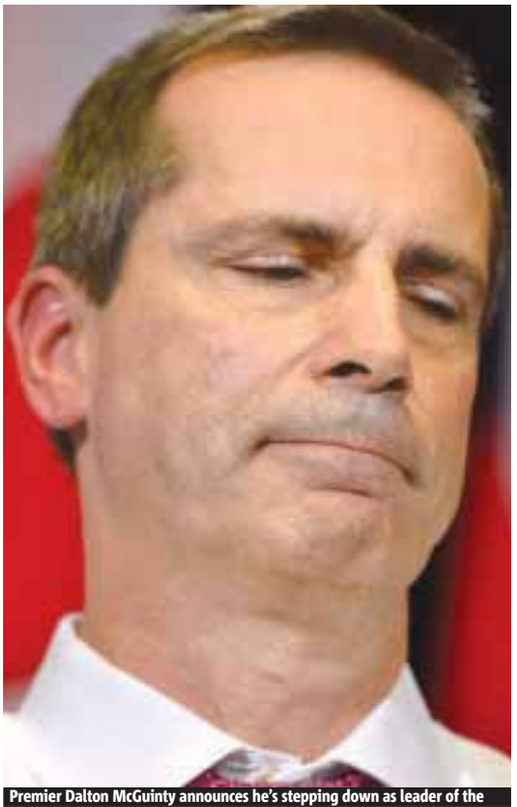
"It has nothing to do with that, and everything to do with a decision that Terri and I have made," McGuinty told reporters late Monday night. "It's time for us to return to our own lives, and it's time for me to make an effort to renew the leadership of our party."

In his address, the premier said he requested prorogation to stop the "heightened rancour" in the legislature from derailing negotiations with the opposition and public-sector unions on a proposed pay freeze.

McGuinty told the caucus the Liberals have made some mistakes in government, but got the big things right in education, health care and the environment.

WITH FILES FROM THE CANADIAN PRESS

To read more about Premier Dalton McGuinty's surprise resignation, go to metronews.ca



Premier Dalton McGuinty announces he's stepping down as leader of the Ontario Liberal Party on Monday at a hastily called emergency caucus meeting at Queen's Park in Toronto. RICK MADONIK/TORSTAR NEWS SERVICE

Key facts

- **Who:** Dalton McGuinty, leader of the Ontario Liberal Party.
- **Age:** 57 (July 19, 1955)
- **Personal:** Born and raised in Ottawa. The eldest of 10 children. Married since 1980 to Terri, a teacher. They have four grown children.
- **Education.** Earned a BSc from McMaster University and a law degree at the University of Ottawa.
- **Politics.** First elected to the legislature in 1990 to represent Ottawa-South, and elected Liberal party leader in 1996. Elected premier with a majority in 2003 and again in 2007, before being reduced to a minority in 2011.
- **Resignation.** Beaten down by a series of scandals, McGuinty announced Monday he is stepping down as Liberal leader and adjourning the legislature because his minority government can't pass legislation to freeze public sector wages.

What does your freedom look like?
Turn to page 9.

CALLING ALL CONTRACTORS

Finch Chevrolet has made a special ONE TIME BULK PURCHASE of 2011 Ford E250 Cargo Vans and will be selling these vans all for one low price. Kilometers as low as 5,000. Arrive early for best selection as, at these prices, they won't last long!!!

2011 FORD E-250 CARGO VANS

ONLY

$21,995

+HST ONLY

84 MONTHS @ 6.99% $0 DOWN

$375

MONTHLY TAX IN

LOADED WORK VANS:

- POWER WINDOWS
- POWER LOCKS
- AIR CONDITIONING
- RUNNING BOARDS
- REAR CARGO PARTITION
- BALANCE OF FACTORY WARRANTY

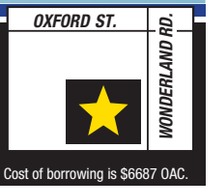
*FORMER DAILY RENTALS

PLUS 2 YEARS FREE OIL CHANGES!!

Need something Longer?
Ask about our extended cargo vans!

finch
CHEVROLET • CADILLAC • BUICK • GMC

1.888.257.4537 640 Wonderland Rd North
Test drive our entire New and Pre-Owned Inventory online @
www.seefinchfirst.com



*Sale price includes all dealer fees and is plus HST and license only. Payment is based on the term and rate as disclosed and payment includes HST. Cost of borrowing is $6687 OAC.

City council all a-Twitter

Distracted governing. Councillor says politicians shouldn't have their heads 'buried' in high-tech gadgets on council floor

ANGELA MULLINS
angela.mullins@metronews.ca

A London councillor is calling for a ban on tweeting, Facebooking and all other forms of technobabble during debates.

"We're dealing with multi-million-dollar complicated issues that affect everybody's life, and I don't think councillors should be socializing, tweeting back and forth," Coun. Stephen Orser said. "If you're going to use the Internet to check a fact, it's a whole different ball game," he said, citing that as a legitimate use of technology during meetings.

But, he countered, "Do you want someone tweeting about 'the cat needs a bubble bath' or 'pick up a video, honey'" from the council floor?

Orser raised the issue at a Monday-afternoon committee meeting. No action was taken, but clerk Cathy Saunders is looking into councillors' use of social media as part of a larger code-of-conduct review.

Orser said he spent four hours on Monday trying to contact Twitter and request that action be taken against someone with the handle @notstephenorser. The account has a timeline dating back to Aug. 29 and several tweets referencing city business.

During an Oct. 9 meeting, Coun. Joni Baechler tweeted a comment Orser made and received an immediate response from someone disputing the statement. She showed the response to Orser immediately, following it with a tweet that read: "I just passes [sic] your message to him and he said, 'Who cares.' He also said he is ok with me advising you of this."

Stephen Orser METRO FILE

Orser stressed Monday that he didn't raise the issue as a way of getting back at his colleague. "This is not an attack on Joni by any means. I'm not trying to muzzle anyone."

Social-media use in council chambers has been a problem for some time, he said. "I'm just tired of it." Politicians, he added, are "supposed to be open for persuasion and have open minds (during debates). The tweets shut down their brains.

"If you want to go to the barn dance, go to the barn. If you want to be a councillor, be on the council floor."

Twitter tricksters

- In August 2011, city officials contacted Twitter after someone started tweeting under the handle @MayorFontana. The account disappeared and @NotMayorFontana cropped up.
- A recent survey answered by 14 of London's 15 elected officials shows nine have Twitter accounts.

Coun. Stephen Orser says the @notstephenorser Twitter account shown on this BlackBerry screen helped prompt his Monday suggestion that social media use be banned during council debates. Orser said he learned about the account over the weekend, prompting him to say enough is enough. ANGELA MULLINS/METRO

Development. Southwest sector plan draws big crowd

More than 100 people packed into council chambers Monday to sound off on a long-term strategy for managing growth on the city's southwest side.

People pointed out a variety of concerns, many of which dealt with specific properties.

Others cited overall problems with the road map, including urban sprawl and the size of the area — about 6,670 acres — involved. Smaller plans are needed for individual areas, one speaker said.

Janette MacDonald, manager of Downtown London, asked planning committee members for an assurance that the amount of commercial development planned in the area won't stall growth in the city's core.

In the works since 2010, the area involved in the southwest plan is bordered roughly by Southdale Road West, Dingman Creek and Wellington Road South.

Much of the focus is placed on development of the Wonderland Road corridor, expected to one day be the western "gateway" to London.

The meeting was continuing at Metro's deadline. ANGELA MULLINS/METRO

In other news:

- Planning committee members recommended approval of developer Shmuel Farhi's proposal to raze a building at 199 Queens Ave. in exchange for a highrise building with residential, office and retail space. Full council will make a final decision Oct. 30.
- Some had argued the circa-1880 property should be saved because of its heritage value.

Finances

Ont. expected to face $14.4B deficit

Ontario faces a $14.4-billion deficit this year, about $400 million lower than projected in last spring's budget.

Finance Minister Dwight Duncan's fall economic update predicts higher-than-expected revenues — due to a higher estimated tax base — will help shrink the deficit. THE CANADIAN PRESS

Dwight Duncan

Excessive speed

OPP busy with racing charges

Middlesex Ontario Provincial Police have charged four drivers with racing recently.

On Oct. 5 in Lucan Biddulph, police stopped a vehicle for excessive speed. Amanda Richber, 30, of London, was charged.

The next day, two more racing charges: Ryan Bond, 35, of Adelaide-Metcalfe was stopped in Lucan Biddulph, while 40-year-old Joseph Blatchford of London was pulled over in Middlesex Centre.

Last Saturday, Daniel Bursic, 38, of London, was charged. METRO

Mayor Joe Fontana points out an improperly sorted blue box Monday outside city hall during the launch of Waste Reduction Week. The box Fontana is highlighting shows the "lasagna" approach with containers sandwiched between paper products. ANGELA MULLINS/METRO

Recycling could get you an iPad

In the spotlight.
Weeklong observance marks start of larger program designed to save money through recycling the right way

Eighty per cent of Londoners are recycling the right way — putting containers and paper products in separate blue boxes. The other 20 per cent …

"I've been to our resource centre, and, to tell you the truth, I've been disgusted to see what in fact is going through our recycling," Mayor Joe Fontana said Monday at a news conference for Waste Reduction Week. "You've got diapers, you've got other things that, believe me, are not part of the 'doing it right' campaign."

So to encourage more Londoners to do it right, the city has added incentive for Waste Reduction Week: A contest that will see six households that are recycling properly win iPads. The winners will be chosen randomly.

Officials had planned to give away one iPad, donated by city contractor Miller Waste Systems. Fontana upped the ante Monday, saying he'd figure out a way to offer up another five.

Waste Reduction Week, a national campaign, kicks off a year-long initiative in London to ensure 97 per cent of items placed in blue boxes are actually recyclable and properly sorted. If that happens, the city could save as much as $250,000 in extra processing fees charged by Miller Waste Systems.

Under the year-long campaign to improve recycling efforts, the city plans to start tagging blue boxes that aren't properly sorted. Eventually, the boxes will be left on the curb and not emptied if problems continue.

But despite the slackers, we've made significant progress recycling in the Forest City, officials stressed.

"Londoners are to be congratulated: 42 per cent of the materials from residential homes no longer go to landfill sites," said Jay Stanford, the city's director of environmental programs and solid waste.

"If all that was sitting in a garbage truck, there'd be 7,500 garbage trucks. They'd be lined up from (the steps of city hall) to downtown Woodstock and half way back."

ANGELA MULLINS/METRO

Keep them separate

- **Blue box.** Paper products like magazines, small boxes, egg cartons, newspapers and flyers should be placed in one blue box.
- **Bottles.** Another blue box should be used for containers like empty cans, milk cartons, drink boxes, glass bottles and plastic bottles.
- **On the web.** For a full primer, visit london.ca.

Funding

Energy council offering grants, business award

The Mayor's Sustainable Energy Council is accepting applications for grant funding and nominations for its 2012 Outstanding EnergySaver Business award.

Groups launching sustainable-energy projects may be eligible for grants up to $1,000 through the council's Community Outreach Fund. A total of $5,000 is available.

Grants were first offered in 2010 with money going toward projects including sustainable energy workshops and a home show display.

The EnergySaver award highlights local businesses with outstanding sustainable energy programs.

All companies that apply and meet the minimum guidelines will be recognized an EnergySaver business.

Drewlo Holdings earned last year's top title after implementing a number of initiatives in its apartment buildings.

Formed in 2007, the Mayor's Sustainable Energy Council includes representatives from energy utilities, energy businesses, educational institutions and the London Economic Development Corp. The group encourages the development and implementation of sustainable energy and energy conservation initiatives.

Applications for grants and the business awards are available at msec.london.ca. They will be accepted through 4 p.m. Dec. 3 with winners announced in January. METRO

Helping kids be healthy inside and out

Kids Help Phone counsellors like Duane help callers reframe their problems by listening to what kids are — and aren't — saying.

A lifeline for kids

By Rona Maynard

Every time the phone rings on Duane's desk at Kids Help Phone[1], he knows a young person needs help. Broken heart, divorcing parents, abusive home ... he's heard it all and more, countless times. Callers share their secrets with Duane because they trust him not to judge them or tell anyone without their permission. Duane talks with every kid as if he has all the time in the world. He says what he likes best about his job is "leaning back in my chair and really listening, and also listening to what kids are not saying."

Kids Help Phone is Canada's only free, confidential, counselling service for youth, available in English and French. Close to 100 full-time, part-time and relief counsellors have a DJ's grasp of the latest pop culture trends, yet every one is professionally trained. They're on call where kids want to find them — on the phone, via email and, more recently, live chat (instant messaging on a computer or smartphone). A child who's not ready to talk can find a wealth of kid-friendly, age-appropriate advice on Kids Help Phone's interactive website. Every page on the site has been vetted by subject-matter experts, plus kids themselves. If they say the language is "lame," it gets changed in a flash. Says president and CEO Sharon Wood, "We are at the pulse of what kids really think."

The heart of Kids Help Phone is counsellors like Duane. With his guidance, kids reframe their problems.

When a teen called about bullying at school, he asked, "Do you think you deserve to be treated with respect?" She didn't think so — until Duane convinced her that she had been made to feel that way by people who didn't know her.

> **"I was feeling sad when I called, and now I feel amazing!"**
> **— Caller, age 12**

Next, he helped her identify supports in her life.

Her parents had told her that the bullying would pass, but a sympathetic aunt could be her advocate with them. She also had several trustworthy classmates, and staying close to them would discourage the bullies.

Growing up is harder than it used to be as the Internet turns high school fads and Hollywood meltdowns into worldwide obsessions. Take fear of fat: more boys suffer from eating disorders now. Or self-injury — celebrities have admitted to it, so kids are starting to think it's cool. The counsellors at Kids Help Phone are hearing more these days about addictions, eating disorders, self-injury and other serious issues that collectively account for more than 30 per cent of all contacts — up from 19 per cent in 2004.

When a young person is danger, Kids Help Phone is ready. Counsellors can use three-way calling to connect them with local police, child welfare or other emergency services. Duane remembers one such conversation with an abused, suicidal teen, who later wrote to tell him, "This will change my life."

Kids Help Phone: The Numbers

FOUNDED: 1989
WEEKLY CONTACTS WITH PHONE COUNSELLORS: 5,000
AGE GROUP SERVED: 5 to 20
COMMUNITIES SERVED: 2,600
DAYS OPEN YEARLY: 365, 24/7
PHONE NUMBER: 1-800-668-6868

Even in the most loving families, there's a place for Kids Help Phone. You might not be around when your child feels anxious or scared.

Says Wood, "Think of each child as having a circle of trusted adults — parents, teachers, coaches. We're part of that circle, and we're there when others aren't available."

Here's how to make the most of Kids Help Phone:

- **Start early.** Teach your child three phone numbers —home, 911, and Kids Help Phone: 1-800-668-6868.
- **Help your child fill out the safety planner** at kidshelpphone.ca. Then print out a handy card for your child's wallet.
- **Bookmark kidshelpphone.ca** and make it your family's go-to resource for emotional issues. Not sure how to start a conversation about what's troubling your child? From the death of a beloved pet to dating violence, you will find everything you need and then some.

Rona Maynard is an author, speaker, mental health advocate and former Editor of Chatelaine.

How RBC® supports Kids Help Phone

When Kids Help Phone introduced live chat as a pilot project in January 2012, young people came flocking. There was just one catch: how would counsellors meet demand? To close the gap, the RBC Children's Mental Health Project, funded by the RBC Foundation, recently announced a $1-million donation. Now Kids Help Phone can ramp up live chat and continue its long tradition of staying in step with young people.

Since 2008, the RBC Children's Mental Health Project has donated more than $16 million to more than 200 organizations across Canada, including Kids Help Phone. You can help us help children. Please visit rbc.com/childrensmentalhealth and test your knowledge of children's mental health. For every completed quiz, we will give $2 to Kids Help Phone[2].

[2] To a maximum donation of $50,000.

RBC Children's Mental Health Project

This is a special feature brought to you by the RBC Children's Mental Health Project. Visit rbc.com/childrensmentalhealth to view the entire series.

[1] Kids Help Phone. All Rights Reserved. Charitable Reg. # 13000 5846 RR0001 (R)/TM Trademark(s) of Royal Bank of Canada

OHL Week 4 musings: Hard-nosed hockey paying big dividends

Highlights. Winning teams rack up penalties and other tales from the OHL

JOHN MATISZ
john.matisz@metronews.ca

The London Knights broke a short-lived trend in Week 4 of the Ontario Hockey League schedule.

They finished up with the first weekend split of the year after a 4-1 home win over the Plymouth Whalers on Friday, and a 5-3 road loss to the Oshawa Generals on Sunday.

Previously, London had been following a neat little pattern, having won two in Week 1, lost a pair in Week 2, and won another couple in Week 3.

Over a 68-game campaign, though, trends don't have great staying power.

Anyway, let's take a look at some interesting storylines across the league:

London Knights sniper Seth Griffith recorded two goals and three assists over the team's 1-1 weekend. In a total of eight games so far, the Wallaceburg native has racked up nine goals and six assists. Griffith, 19, and teammate Max Domi, 17, are tied for fourth in OHL scoring with 15 points each. JOHN MATISZ/METRO

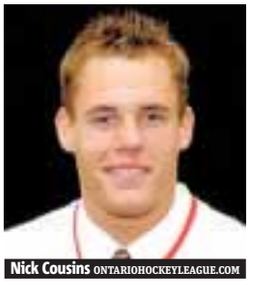
Winning the hard way

As it stands now, the three most penalized teams hold down a top-five spot in the overall standings.

Oshawa (199 PIM), the Owen Sound Attack (183), and the Guelph Storm (169) have the second, third, and fifth highest points totals after four weeks of action.

Interestingly enough, each club has at least one offensive tool playing with a chip on his shoulder.

Dan Catenacci has accumulated a team-high 23 penalty minutes, but also ranks second in Attack scoring. Generals Lucas Lessio and Scott Laughton have 20 and 21 penalty minutes, respectively, to go along with 12 points each. And, in the Storm's case, Tanner Richard has 19 minutes spent in the box, yet has collected a team-high 11 assists.



Nick Cousins ONTARIOHOCKEYLEAGUE.COM

Cousins still producing

Despite being one of three Sault Ste. Marie Greyhounds players charged with sexual assault in late August, forward Nick Cousins is in early season contention for the league's scoring crown.

It appears Cousins' alleged misbehaviour hasn't slowed him down. The 19-year-old has seven goals and nine assists (16 points) in 10 games so far.

The Philadelphia Flyers prospect is tied for second in league scoring with Vincent Trocheck of the Saginaw Spirit. Oshawa's Boone Jenner has 17 points in 10 games.

Early season breakdown in Kitchener

The Kitchener Rangers' preseason hopes of competing in the 2013 Memorial Cup tournament have been put on the backburner, as they've lost four straight.

The Knights' rival is below .500 record (3-4-0-1) to begin the campaign. It looks even worse when you glance at the Midwest Division standings and notice they're only one point up on the lowly Erie Otters.

Rangers fans shouldn't panic, however. General manager and head coach Steve Spott runs a tight ship, and it's better to struggle out of the gate than down the stretch.

It should be noted Kitchener has been on the road for all eight games. Their home rink, the Auditorium, has been under construction.

BRIGHT Night BIG Dreams
A Colourful Cocktail Reception in support of
Sunshine foundation
DREAMS FOR KIDS SINCE 1987
HURRY! BUY YOUR TICKET TODAY!
Come Dream with Us...
We are celebrating 25 years and want YOU to join us!
Thursday, October 18, 2012
6:30 p.m. – 9:30 p.m.
Pacific & Western Bank of Canada Hangar
London Airport, 1979 Otter Place
Tickets: $75
Purchase online:
bnbdlondon.eventbrite.ca, BNBD.London@gmail.com,
Or Call 519-642-0990
Join us for a Colourful* Cocktail Reception featuring:
• Live entertainment
• Special performances
• Dream silent auction items
• Complimentary Dream Cocktail
• Candy Buffet
• Mashed potato martini bar and hors d'oeuvres
• "Dream" Screen Photography
*Bright Tie Affair: business casual bright clothing/accessories
Sponsored By:
CTV
metro
RGB PRODUCTIONS
www.sunshine.ca

Fanshawe College

Lightning game Wednesday

The London Lightning hit Fanshawe College's hard court on Wednesday.

Starting at 7:30 p.m., the local National Basketball League of Canada team will be holding an intrasquad scrimmage inside the college's athletic facility. METRO

Blood, Sweat and Beers

Eric Church coming to town

Country star Eric Church will bring his The Blood, Sweat & Beers Tour to Budweiser Gardens on Feb. 14.

Tickets go on sale Friday at noon. Call 1-866-455-2849, or visit budweisergardens.com. METRO

Light the Night

Leukemia walk this Saturday

Nine-year-old leukemia survivor Nadiyah Rehman and her family will participate in London's inaugural Light the Night Walk for the Leukemia on Saturday in Victoria Park.

Registration is at 5:30 p.m., walk starts at 7. METRO

NEWER AND BETTER!

Check out our online items for 50% off!

BUY NOW AND SAVE 50%

ON ALL ITEMS

FOR A LIMITED TIME ONLY! HURRY!

INTERNATIONAL Mark Breslin's YUK YUK'S STAND-UP COMEDY

WESTERN FAIR district be entertained westernfairdistrict.com

BUY NOW FOR $132.90

4 Yuk Yuks Comedy Tickets
+ 4 Yuk Yuks Buffet Dinners
+ $40 Slots Gaming Voucher
+ $20 Raceway Betting Voucher
+ $30 Taxi Voucher

Register and buy this package at www.metroauctions.ca!

OTHER PARTICIPANTS INCLUDE...

Diesel Training Studio | Liberty Tax Service | Ultimate Automobiles | Moffatt & Powell RONA | Keyz Thankz | BHI London

BUY NOW!

METROAUCTIONS.CA

metro

London and area residents only.

Labour movement. New 300,000-strong union could soon double in size

The labour movement is looking to become a political force again by creating Canada's largest private sector union that will seek to double its size by organizing new workplaces and opening up its ranks to non-traditional members.

The Communications, Energy and Paperworkers Union of Canada voted Monday to approve a merger with the Canadian Auto Workers, which gave its OK to the plan in August.

The new union will initially have more than 300,000 members across roughly 20 sectors of the economy, but CEP president Dave Coles said he doesn't anticipate it remaining that size very long.

"Doubling that in a very short period of time is not unreasonable and it gives different voices to the debate and to the argument," he said during a news conference in Quebec City. THE CANADIAN PRESS

Occupy spirit

Union leaders said the new entity will try to capture the spirit of the student protests that gripped Quebec last summer, and the Occupy movement.

Cycling accidents

Helmets prevent deaths: Study

A study found cyclists who didn't wear a helmet were three times more likely to die of a fatal head injury than those who wore head protection while riding.
THE CANADIAN PRESS

Quebec inquiry

Illegal fundraising common: Witness

Former construction boss Lino Zambito said yesterday during Quebec's corruption inquiry that illegal fundraising was commonplace in the province's politics.
THE CANADIAN PRESS

Arrests made during Occupy anniversary

'Disturbing the peace.' Demonstrators marching in downtown Montreal dispersed by riot-equipped police

Police made three arrests at a small demonstration Monday to mark the first anniversary of the Occupy Montreal movement.

About 50 demonstrators gathered in the downtown square across from the Montreal stock-exchange building where protesters set up their local camp a year ago. After occupying the square for about a month last fall, they were forcibly removed by police in November.

One year later, people were back to make brief speeches and several dozen then marched through downtown streets, chanting along the way.

The protesters, many of them wearing black, and with their faces covered, disrupted traffic.

At one point, they tried to enter the downtown offices of Quebec's Caisse de depot pension-fund manager, but the doors were locked. They also entered the offices of engineering firm SNC-Lavalin, but they were chased out of the building.

A few minutes later, riot-equipped police rushed the small crowd as it made its way along Ste-Catherine street, one of the city's main downtown arteries. That's when the arrests were made.

A Montreal police spokesman says three people were charged under a municipal bylaw, with disturbing the peace, but were later released.
THE CANADIAN PRESS

Montreal police arrest a woman at a small demonstration that was held Monday to mark the first anniversary of the Occupy Montreal movement. PETER RAY/THE CANADIAN PRESS

Reoccupied

50

About 50 demonstrators gathered in Montreal for the first anniversary of the Occupy Montreal movement.

Francesco Schettino, centre, the former captain of the cruise ship Costa Concordia, leaves the Teatro Moderno theatre in Grosseto, Italy, Monday, where the first hearings are taking place for the Jan. 13 shipwreck that left 32 people dead.
GREGORIO BORGIA/THE ASSOCIATED PRESS

Former cruise captain faces victims at court hearing

Costa Concordia shipwreck. Court convenes in Tuscan city to determine whether case will go to trial

The former captain of the shipwrecked Costa Concordia cruise liner came to an Italian court on Monday to hear the evidence against him, while passengers who survived the Jan. 13 collision in which 32 died showed up to look him in the eye.

Wearing dark glasses, Francesco Schettino used a back entrance to slip into a theatre in the Tuscan city of Grosseto that is serving as a courtroom. He made no comment to reporters outside.

The Concordia ran aground and capsized off the Tuscan island of Giglio after Schettino took it off course and brought it close to the island as part of a stunt.

Hearings this week will help decide whether a judge will order trial for Schettino, who is charged with manslaughter, causing the shipwreck and abandoning ship while passengers and crew were still aboard. He denies the charges. Any trial is unlikely to begin before next year.

More than 1,000 survivors, victims' relatives and their lawyers are attending the closed-door hearing to discuss the evidence against Schettino and eight other defendants, including crew members and officials from Concordia owner Costa Crociere SpA, which is owned by Miami-based Carnival Corp.

"We want to look him in the eye to see how he will react to the accusations," said German survivor Michael Liessen, 50, who was attending Monday's hearing along with his wife.

Schettino has insisted that by guiding the stricken ship to shallower waters near Giglio's port instead of immediately ordering an evacuation he potentially saved lives. He has claimed that another official, and not he, was at the helm when the ship struck.

THE ASSOCIATED PRESS

Investigation report

Last month, four court-appointed experts delivered a 270-page report of what went wrong that night.

- **The experts.** Two admirals and two engineers lay most of the blame for the collision with the reef and the botched evacuation on Schettino.
- **Unprepared.** They also noted that not all crew members understood Italian, not all had current certification for evacuation procedures, and not all passengers had participated in evacuation drills.

Russian investigation

Pilots in plane crash were drunk

Russia's investigative agency says both the pilots of a plane that crashed last month in Russia's far east, killing 10 people, were drunk.

The plane slammed into a forest on the Kamchatka Peninsula on Sept. 12. Ten of 14 people on board, including both pilots, were killed.

THE ASSOCIATED PRESS

Leaked video

Hulk Hogan suing over sex tape

Reality TV star and former pro wrestler Hulk Hogan is suing a Tampa Bay-based disc jockey, the DJ's ex-wife and a New York media group over a sex tape.

Hogan says he was secretly taped six years ago having sex with the ex-wife of DJ Bubba "The Love Sponge" Clem.

THE ASSOCIATED PRESS

Hulk Hogan THE ASSOCIATED PRESS

Paris court

Man sentenced for attacking photog

A Paris court has convicted a 23-year-old man of attacking and injuring a photographer who had taken photos of a group of women who were breaking a new French law by wearing face-covering veils. The court sentenced Ymad Bilel Benouahab on Monday to 18 months in prison for the attack.

THE ASSOCIATED PRESS

You tell us what. We'll show you how.
tellusyourfreedom.ca

Mobile market

Telus revamps wireless fees

Telus is getting rid of some costly fees for its wireless customers. The Vancouver-based carrier says it's no longer charging a $35 activation fee for new wireless customers, or a $25 equipment exchange fee for renewing customers who purchase a new device.

But Telus says it will begin charging consumers $10 on Nov. 1 for new SIM cards to cover the product cost previously included in renewal and activation fees.

Telus says a new SIM card, which lets devices work on its network, is only needed if customers don't have a compatible Telus SIM card. THE CANADIAN PRESS

Family finances in worse shape than expected

Revised StatsCan data.
But new figures also show that Canadians have more assets than previously thought

Canadian households are even more in debt than anyone imagined, according to a revised Statistics Canada calculation that gives a more accurate picture of family finances.

The revisions place household credit market debt in the second quarter at 163 per cent of disposable income, well above the previously reported 152 per cent, although the two levels are no longer a direct comparison.

The new numbers remove non-profit institutions from the household category, giving a more accurate accounting of family finances. The revision shows debt growth over the last decade that looks "eerily similar to the U.S. experience, just before their dramatic housing bust," said David Madani, an analyst with Capital Economics. "Overall, this supports our bearish view that Canada's housing boom is unsustainable and the eventual correction, which we think is already underway, is likely to have ... material negative implications for growth," he said.

The revisions show a much steeper climb, with debt growing in each of the past six quarters. Madani doubts the news will cause the Bank of Canada to hike interest rates, saying that point has passed given the slowing housing market and still weak global economy.

There was some good news in the revised data. It turns out Canadians have more assets than previously thought, with per capita net worth rising $7,900 to $190,200 due mostly to an improved calculation of holdings in unlisted company shares. THE CANADIAN PRESS

Market Minute

DOLLAR 102.04¢ (-0.07¢)

TSX 12,229.96 (+27.92)

OIL $91.85 US (-1¢)

GOLD $1,737.60 US (-$22.10)

Natural gas: $3.486 US (-12.5¢)
Dow Jones: 13,424.23 (+95.38)

Who's Your SuperDog?

superdogs.com

President's Choice SUPERDOGS INTERNATIONALE

November 18th

Budweiser GARDENS

ON SALE TODAY

Charge by Phone 1-866-455-2849
Tickets also available at www.budweisergardens.com
Budweiser Gardens Box Office, Masonville Place, Fanshawe College BizBooth, The Bookstore at Western and Books Plus

WHY CAN'T WE TAKE LOOKS OFF THE POLITICAL AGENDA?

SHE SAYS...
Jessica Napier
metronews.ca/voices/she-says

With an imminent election happening south of the border, October seems like the perfect month to release yet another research report on the differences between Democrats and Republicans. Last week, I found my eyes permanently rolled into the back of my head after reading about a recent U.S. study that compared the attractiveness of female representatives from both political parties.

Forget about intelligence, personality or an actual ability to do the job, let's talk about whose face is more symmetrical!

Shockingly, this "study" wasn't performed by a room full of frat boys but by actual researchers at the University of California. Using a computer modelling program, researchers measured various physical characteristics of the members of the House of Representatives to determine which party had more female politicians with "stereotypically feminine facial characteristics."

The results show that Republican women are "prettier" — and we're talking strictly on the outside here, folks — than their Democrat counterparts.

Pretty state of affairs

Forget about intelligence, personality or an actual ability to do the job, let's talk about whose face is more symmetrical!

Stereotypically feminine facial features? What does that even mean? The entire concept of feminine beauty is a cultural construct, not an objective truth.

The study assumes an ideal kind of beauty determined by a completely subjective set of parameters that have been perpetuated for decades by a media culture that favours full lips and narrow noses. The fact that Female A can be labelled as more gender-normative — and therefore more attractive — than Female B based on eye shape or forehead contouring is absurd.

This isn't science; it's sexism.

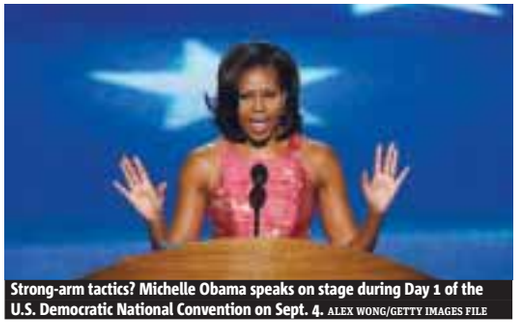
There are multiple layers of offensiveness at work here but the most troubling thing about this study is that we continue to invest so much time and effort into caring about what our female politicians look like.

We rarely (if ever) evaluate male politicians like beauty pageant candidates and yet the discourse around women in politics always turns to their physical beauty — or lack thereof. But what does the placement of cheekbones and eyebrow arches really have to do with an individual's capacity to do their job? Nothing.

No matter how much progress women make in terms of representation in politics, studies like this and the resulting media coverage encourage us to fixate on appearance — Hillary Clinton's pantsuits, Sarah Palin's hairstyle, Michelle Obama's toned arms — over policy.

And so, since the body politic has strayed so far from reasonableness, I am calling for funding to embark on my own equally ludicrous companion study comparing the penis size of male Democrats versus male Republicans. Because if we're going to focus on the physical, doesn't the public have a right to know who has the most "stereotypically masculine" body parts?

Follow Jessica Napier on Twitter @MetroSheSays



Strong-arm tactics? Michelle Obama speaks on stage during Day 1 of the U.S. Democratic National Convention on Sept. 4. ALEX WONG/GETTY IMAGES FILE

Orphan gets shoulder to lean on

PHOTOS BY DENIS FARRELL/THE ASSOCIATED PRESS

Foundling rescue

Abandoned baby elephant finds welcoming home

A seven-and-a-half-month-old orphaned elephant named Moses cuddles with his adoptive "mother" and foundation owner Jenny Webb, at sunrise at their home in Lilongwe, Malawi. Moses was found alone and close to death in the Vwaza Wildlife Reserve. He has been adopted by the Jumbo Foundation, where he is cared for and is being raised by humans.
THE ASSOCIATED PRESS

Dogs and elephant show

Orphaned elephant calf Moses takes his daily walk with pet dogs Barney, left, and Bagheera, and adoptive 'mom' Webb, at their Malawi home on Oct. 8.

Trunk feeder

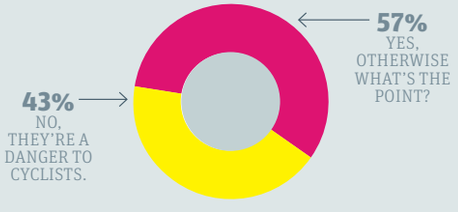
2

Number of feedings Moses receives every hour. Below, the orphaned calf takes one of his two-hourly formula bottles.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should e-bikes be allowed in bike lanes?



Twitter

@Reach4theStars2:
The guest speaker talks too much about bacon :P #fanshawecollege #fanshawe

@joyhagerty1:
Brings a tear to my eye to see that the Hip tour does not include London, Ontario. Sigh. cc @thehipdotcom #ldnont

@LDNPoetrySlam:
What are you doing this Friday? Going to the poetry slam at the London Music Club at 8 pm for only $5? Us too! #ldnont

@laurenpxo:
I want a coffee but the D building Tim Hortons coffee is always burnt and B building is too far #fanshawe #fanshaweproblems #firstworldpains

@everaft3r:
FOR THE FIRST TIME OF LIFE, I HAVE A GOOD EXAM SCHEDULE!! YAY!!

metro

President: Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, London** Jim Reyno • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **Sales Manager** Charlotte Piper • **Distribution Manager** Rob Delvallet • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO LONDON** • 350 Talbot Street Main Floor London ON N6A 2R6 • **Telephone:** 519-434-3556 • **Fax:** 888-474-3094 • **Advertising:** 519-434-3556 Ext. 2222 • adinfolondon@metronews.ca • **Distribution:** london_distribution@metronews.ca • **News tips:** london@metronews.ca • **Letters to the Editor:** londonletters@metronews.ca

SCENE 2

Out of the Black puts a big light on Boys Noize

New album. Huge names jumping on board with Alexander Ridha as he continues his journey through the indie-music underworld

Boys Noize has been getting big name collaborations without big label help. DOUGLAS VAN SANT FOR ELECTRICZOOFESTIVAL.COM

Alexander Ridha has made a name for himself. Performing under the name Boys Noize, he's been able to perform with the biggest names like Tiesto and Skrillex and collaborate with Snoop Dogg and Jarvis Cocker — all without major label representation. We caught up with Ridha at Electric Zoo in New York City to talk about his newest album Out of the Black and find out what influences him and keeps him going.

Out of the Black is coming out throughout October. What inspired you on this album?
One of the big parts of this album was really getting back since it's my third album. I was trying to get this feeling back when I first started producing.

Most of the time when you don't know what you are doing that's when the magic happens.

I was really clearing my head and forgetting about everything that is going on right now and what is hot right now. It's a very personal album. I would say it's a mix of my first and second albums.

You have a lot of disco and hip hop influences. Is that what you grew up listening to?
I have a 10 years older brother, and at the end of the 80s he was buying all those early house records so I was always into that, into real house music and rap at the same time, Run DMC and Public Enemy and stuff.

When I started to buy records I was buying both, like hip hop and house. The way I always mixed house music as a DJ was also more in a hip hop way. I was cutting music and loops.

Who would we be surprised that we listened to? The Bee Gees?
I don't have anything against the Bee Gees and Donna Summer, but that was more my mother's side. She was all in that disco stuff like chic.

What kind of hip hop did you listen to?
The old school stuff was kind of like Pharcyde or Wu Tang. When it came out, I was able to rap the whole ODB album, the first one.

Even though I didn't understand anything because I was German, I was rapping along! I stopped buying hip-hop records towards the beginning of 2000 because it got too much like jiggy, and it was only about like rims and stuff. But I was still a big fan of any Neptunes or Timbaland production, and of course Dre. And of course Snoop.

Speaking of Snoop Dogg — or Snoop Lion, I guess...
Not on my album. On my album he's Snoop Dogg! (Laughs)

What was it like working with him on Got It?
It was amazing. It was like a dream come true. I was always saying to myself, 'If I would be able to make a track for him, I could stop making music.' I grew up with his sound. It was cool. You know he wants to vibe first so we hung out a little bit. In the beginning of this year we had the chance to record music together, hang out in his apartment and stuff. It was really nice and he's such a great guy.

What else can we look forward to from you besides your new album?
I'm going on my first live tour. I'm going to do a crazy production as well. It's going to be something I'm really, really excited about. I (started) the tour Oct. 6, and I'll be in the U.S. I think from Nov. 23. It's going to be crazy I told you.

I just wanted to make something new. I've been lucky to play all festivals with my CDs, and it definitely had a live element as well because I do a lot of improvisation or remix live on the go.

METRO WORLD NEWS

DVD reviews

Moonrise Kingdom

Director. Wes Anderson

Stars. Jared Gilman, Kara Hayward, Bruce Willis

●●●●○

This beautifully rendered enchantment by Wes Anderson and co-writer Roman Coppola reveals them to be two artists who are very much in touch with their inner rebel kid. Moonrise Kingdom transports us to the sleepy summer of 1965 and a New England island called New Penzance, where two 12-year-olds are on the run. Errant boy scout Sam (Jared Gilman) and curious girl Suzy (Kara Hayward), pen pals turned delinquents in the service of love, are fleeing Sam's bullying troop and Suzy's distracted parents. The two can't escape everything: a hurricane is fast approaching. As Sam and Suzy go native and explore their love — mild petting is shown but sex isn't — the adults, including characters played by Bill Murray, Frances McDormand and Tilda Swinton, run wild trying to round them up.

Extras include three making-of featurettes.

PETER HOWELL

Brad Pitt ALL PHOTOS GETTY IMAGES

Pitt the pusher? Brad says he could nab you the bad stuff

If you're looking to get high, Brad Pitt can hook you up.

"It's certainly true that I could probably land in any city, in any state, and get you whatever you wanted. I could find anything you're looking for, give me 24 hours or so," Pitt said, criticizing the U.S. war on drugs while introducing a screening of the House I Live In, a documentary about drugs in America, according to Us Weekly. "And yet we still support this, I have to say, this charade called the drug war." That being said, though, Pitt says he doesn't currently imbibe himself. "My drug days are long since past," he admits.

A fast fix?

"I could find anything you're looking for, give me 24 hours or so."
Brad Pitt

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kourtney, keep an eye on your guy

THE WORD
Dorothy Robinson
scene@metronews.ca

Non-newsflash: Scott Disick is apparently a terrible person, according to a new story by The Daily's Flash.

The site reports that during a boys' night out at the Vista Lounge in the Mohegan Sun Casino, Kourtney Kardashian's baby daddy was spotted canoodling with a "hot blonde" and acted "incredibly mean" to his waitress.

"His arm slung cozily around a hot blonde with her hair in a topknot, Disick seemed to be loving the bachelor lifestyle," The Daily's Flash reported about his questionable actions.

"Scott was so incredibly mean," his bottle waitress was overheard saying. "He literally ripped the bottle out of my hands when I came to the table, and later, he and his friends were just dumping drinks on me. I'm glad to be done with their table for sure." Another eyewitness told the site, "It seemed so obvious his relationship with Kourtney is for show."

If I were Disick, I'd watch out. If he blows the carefully-crafted illusion that he and Kardashian are still a couple I'm pretty sure he'll one day soon wake up next to a horse head, courtesy of Kris Jenner.

Sarandon didn't get her start the sleazy way

Susan Sarandon is a well-respected, Oscar-winning actress, but she didn't always have it so good. In fact, Sarandon admits that early in her career she was even exploited in a 'casting couch' experience. "It was not successful — for either of us. I just went into a room, and a guy practically threw me on the desk," Sarandon tells Elle magazine. "It was my early days in New York, and it was really disgusting. It wasn't like I gave it a second though, it was so badly done." The actress declined to offer specifics on the role for which she was auditioning at the time.

Twitter

@chriscolfer
Guess I can't send 300 friends links to weight loss pills without it looking suspicious anymore. Maybe I wasn't hacked, maybe I just care.

@JulietteLewis
Do u realize Jack White, Neil Young, Bob Dylan are all playin Tulsa while Im there next 2 months working on a movie?? #TheUniverseProvides

@BetteMidler
Back to the guitar. Slow going and rough sledding. Am starting to sound like an elderly pioneer crossing the plains. Next, a bonnet.

@rickygervais
The autocarrot on my nubile prone is defamatory flocked.

Why you get adult acne

Skin care Are zits ruining your life? Experts tell us why we're never too old for a breakout.

ROMINA McGUINNESS
life@metronews.ca

Did you just call in sick after noticing a big fat spot on your cheek? Bail on your super hot date?

"Acne equals ugly. It's a social stigma," Dr. Kathy Fields, founder of Proactiv skin care tells Metro.

But why?

"There's nothing more hurtful to the ego than being an adult with issues of a teenager," says Dr. Paul Jarrod Frank, cosmetic dermatologist. "It affects their ability to be successful at work and to have physical and emotional relationships. If their skin doesn't look good, they'll cancel social plans."

"Teens get acne on their nose, cheeks and forehead during puberty. In adults, it tends to appear along the hairline, chin and neck, and is caused by hormonal changes and stress," explains skin scientist Dr. Ava Shamban.

How it forms

Fields explains how the process is the same whether you're a teenager or an adult, male or female.

"All acne is hormonal but the process of a plug in the pore, the overgrowth of bacteria and the resulting inflammation (mild or severe) is genetic," Fields said.

The 25-year-old 90210 actress AnnaLynne McCord recently embraced her blemishes by posting a picture of herself on Twitter with no make-up. GETTY IMAGES

Why it forms

Most likely: your hormones have gone haywire

Whether it's stress, diet, PMS or pregnancy, hormonal imbalance is the main reason why an adult gets acne.

"The first thing I want to know if a patient has acne is, what's going on with their hormones?" cosmetic dermatologist Dr. Elizabeth Tanzi tells Metro.

"Acne forms when an excess of male hormones called androgens (which occur in both men and women) stimulates the sebaceous glands to produce extra oils," explains Shamban.

The sticky oil creates a plug under which bacteria begins to grow. The body's response with inflammation is the spot that shows up on the surface of the skin about two weeks later.

Very likely: you're stressed out

"Stress can trigger heightened levels of androgens, triggering breakouts. Cortisol (the stress hormone) and other adrenal steroids can stimulate the sebaceous glands, resulting in acne flare-ups," warns Shamban. "Cortisol is going to pump any time you are experiencing a stressful moment, whether that's a text from your crazy ex or getting promoted."

Less likely: it's your unhealthy lifestyle

Adults are desperate to find out why they have acne.

Is it their diet, exercise, stress?

"Lifestyle is never really the cause, but it doesn't help," explains Frank.

"When we stress, we crave junk food and carbohydrates — another response to the rise in cortisol — which can trigger acne," says Shamban.

But according to Fields, the newest acne culprit may be (genetically modified) wheat.

"One theory is that the protein in wheat-gluten is very toxic to the gut. This could be causing extra inflammation in the body, which then translates into anything from headaches to acne."

Even less likely: mechanical rubbing

Acne mechanica is when inflammation from chronic rubbing leads to acne.

"We touch our face up to 12 times an hour. Resting your chin on your hand at work, pressing your cellphone on your chin, or wearing tight clothing could be the cause," says Shamban.

Now fix it

Adult acne is treated differently to teen acne.

"Adults are breaking out but their skin isn't that oily. Classic treatments prescribed to teens irritate adult skin," says Tanzi.

Medicate

"You can't change your hormones if you're a man but for women, we can consider birth control pills to suppress sebum-triggering androgen production in the ovaries or anti-androgens to reduce sebum production," says Fields.

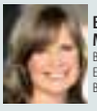
The stat

"30 to 50 per cent of adult women have acne."

Dr. Kathy Fields, founder of Proactiv
Speaking about the issues that adult women have.

Best Health

Answers to the tough questions



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In Best Health magazine, we regularly answer everyday health questions. Here are a few from the October issue, on newsstands now.

Is having a broken heart a genuine medical condition?
Yes. Doctors have shown that people who have had severe emotional trauma, such as losing a loved one, sometimes develop a condition known as stress cardiomyopathy, also called broken heart syndrome.

The condition causes a ventricle, or cavity, in the heart to expand, though it is rarely fatal.

Are contact lenses safer than laser surgery?
No. A review of several large studies found a greater risk of vision loss with contact lenses (due to infections, corneal scratches, etc.) than with laser correction surgery.

Can eating less slow down the aging process?
Yes. Significantly reducing calorie intake has been shown to increase liifespan, at least in lab animals. ... The more inflammatory substances circulating in your bloodstream, the more quickly your body will deteriorate.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GOT TO BESTHEALTHMAG.CA/METRONEWS

The comfort of chicken noodle with Asian twist

ROSE REISMAN
for more, visit
rosereisman.com

Udon are long, round noodles with a wonderfully dense texture.

You can often find them prepackaged in the produce section of your supermarket or an Asian food shop.

This soup is an all-time favourite — it's not only delicious, but also quick to make.

To keep the bean sprouts fresh longer, store them in water in the refrigerator.

1. Spray a non-stick wok or large non-stick saucepan with cooking oil. Add the skinless, boneless breast chicken and cook over medium-high heat for 4 minutes, or until the meat is barely cooked through. Add the ginger and garlic and cook for 1 minute. Set aside.

2. Bring the chicken or beef stock and soy sauce to a boil in a large saucepan. Add the udon noodles and return to a boil. Reduce the heat to medium-high and cook for 4 minutes, or until the noodles are tender. Add the bok choy, snow peas and shrimp. Cook for another 2 minutes, or until the shrimp are pink and the snow peas are tender-crisp.

3. Add the chicken breast, bean sprouts and green onions to the pot. Cook just until everything is heated through. Ladle into individual bowls and garnish each serving with a drizzle of sesame oil and a sprinkle of parsley.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

- 4 oz skinless boneless chicken breast (about 1 breast), diced
- 2 tsp each minced fresh ginger and garlic
- 6 cups chicken or beef stock
- 2 tbsp low-sodium soy sauce
- 6 oz fresh udon noodles
- 2 cups sliced bok choy
- 1/2 cup sliced snow peas
- 6 oz raw shrimp, peeled, deveined and chopped (about 3/4 lb unpeeled)
- 1 cup bean sprouts
- 2 green onions, chopped
- 2 tsp sesame oil
- 3 tbsp chopped parsley

This recipes serves six. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Health Solutions

The Seedy Truth

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Magnesium is a mineral that your body needs to regulate muscles, heart rate and help build bones.

It is a crucial nutrient that often gets overlooked but you need, on average, 400 mg each day.

It is found in oat bran, buckwheat and artichokes (you eat loads of those foods, right?).

Maybe this is why most North Americans are believed to be magnesium deficient.

Your best bet for boosting intake is to go to seed.

Sprinkling these high magnesium nuggets on every salad, pasta, stew or soup will get you much closer to your optimal intake.

Check out these super seeds (approximate mg of magnesium per shot glass):

- **Sunflower seeds: 91 mg**
- **Sesame seeds: 97 mg**
- **Flax seeds: 110 mg**
- **Chia seeds: 118 mg**
- **Pumpkin seeds (green): 150 mg**

This brings a whole new meaning to the word "seedy."

Protecting each and every cell in your body is better served when you behave like a bird.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AT ROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

small ad
huge prize!

you could
win it all!

two tickets
to every event at
budweiser gardens
for an entire year

fm96.com for details

London's Best Rock
FM96
www.fm96.com

Budweiser GARDENS
JAMES O. POAG JEWELLERS
Established 1950

Emergencies only

Is it really rude to bring one's own food to a dinner party?

Dear Charles The Butler. Is it considered rude to bring one's own food to a dinner party even when it's not a pot-luck affair?

The reason I ask is because I have a gluten intolerance and a few serious food allergies, so things can go wrong if I eat anything I'm not supposed to. I don't expect people to cater to my dietary needs or change their menu plans for me at all but I'd like to be able to still go to a dinner party and not end up in the hospital. How would you approach the host of the party in advance about this? I don't want to insult or offend anyone. What are your thoughts? Thanking you in advance, yours faithfully, Better Safe Than Sorry.

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Better Safe Than Sorry, I truly believe that on the condition you are seriously allergic or have serious health issues, discussing this with the hostess ahead of time and bringing something simple that follows the host's meal is fine. My only fear in answering this question is that I don't want people to interpret that they can bring their own food for a multitude of reasons. This should only be done in extreme cases like yours. Usually it would be quite unacceptable.

Think before you bring food to a dinner party. ISTOCK

Dee truth about teaching: Comedian and former teacher tells it like it is

Excerpt from new book. Former educator turned funnyman relives his days in front of the blackboard

Comedian and former teacher Gerry Dee. HANDOUT

As young bright-eyed students we think of our teachers as all-knowing magicians who don't exist outside the realm of our classroom walls. But as we age we come to realize that our educators, much like celebrities, are just like us. In his soon-to-be-released book, comedy all-star and former teacher Gerry Dee relives the proud, the painful and the totally hilarious moments of life in front of the chalkboard. Check out this excerpt from Teaching: It's Harder Than It Looks, where Dee recounts the repercussions of a rough night out ....

"I made the big mistake of assigning a presentation on a day when I was hungover. Bad idea. The kids clap after every presentation. When you're hungover, that sound feels like someone's mowing your brain.

Presentation Day is the biggest day in the life of a Grade 5 student. They get so excited about their presentations, especially the girls. As soon as I said the word "presentation," the girls weren't listening anymore.

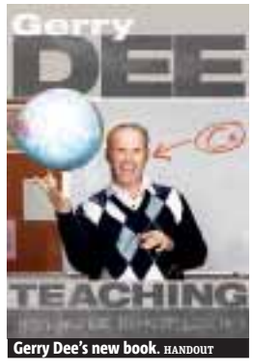
They were just waiting for the word "partners." And when I said the word "partners," they signalled across the class to their best girlfriends. The result was always the same. Some girl signalled to her friend, and then had to announce it out loud: "Yes! We're partners. We're going to do our presentation together because we're partners."

"But can't I be your partner?" another girl would say. "Sorry, Julie. I already signalled to Jennifer." Then the girl who was left out would ask, "Sir, can we have groups of three?" "Sure, go ahead. You can have groups of eight, for all I care." I wasn't planning on listening to the presentations, so what did it matter?

"Yay!" More clapping. Shoot me. I hated partners because there was always some kid who'd never get picked. So I had to partner with him, which I was not in the mood to do. He might smell the booze on me and I would have had to do all the work. That's when I'd throw him with two girls I didn't like just to piss them off. "Julie and Samantha, Robert is going to join you two for your presentation on the giraffe." Ruined their life.

As I'd listen to these presentations on the giraffe or the platypus or the hamster, it always amazed me, first, how bad they were and, second, that the kids actually thought I was listening. They were so unorganized and boring. They would ask to start over every two minutes. They would argue about who was supposed to say what.

I would close my eyes and try to focus on getting rid of my headache. I'd already decided from the beginning that everybody was getting seven out of 10. Because there was no way I was actually going to listen to the presentations and mark them. I was hungover. I could barely breathe. But these kids never got it, and they'd put their hearts and souls into their presentations.



Gerry Dee's new book. HANDOUT

Before the group of girls presented, they'd always have a huddle conference, and I could hear them saying, "This is the biggest presentation of the year. It might be the biggest presentation of our lives. We need to do this right. We need to get extra marks. Right. Go team!"

They always had to get extra marks. They'd do anything to get extra marks. They'd bring in a giraffe if that meant they'd get extra marks. "Suzie, it's time. Bring in the giraffe. Class, this is our giraffe. We brought him from Africa especially for our presentation. Giraffe, stop! Stay still!" "That's great, girls. You brought in a live giraffe. Excellent idea. That is worth a bonus mark."

What I wanted to say was, "Are you kidding me? You went to Africa for a Grade 5 presentation that I am not even listening to? Get the giraffe out of here!" Inevitably, the girls' groups would break down halfway through the presentation and they'd all start to argue.

"Today we are going to talk about the giraffe. The giraffe is an animal that—" "Hey, I was supposed to say that!" "No, you weren't." "Yes, I was. That's what we agreed!" "Sir, can we start from the beginning?" "No. No way. That was great. Seven out of ten. Sit down." Next up, John is doing the platypus."

ELIZABETH BEDDALL

A recent survey shows 54 per cent of boomers nearing retirement had either started a small business or were contemplating it. ISTOCK IMAGES

The boom in boomer business

Alison on Money.
Canadian boomers giving 'retirement' a whole new meaning

YOUR MONEY
Alison Griffiths
money@metronews.ca

It's the classic Canadian retirement scenario: Travel, time with the grandkids, golf and gardening. Sound good?

Not according a whole bunch of about to "retire" Canadians. A recent survey conducted for TD Canada Trust found an astonishing 54 per cent of boomers nearing retirement had either started a small business (15 per cent) or were contemplating it (39 per cent.)

After operating my own small business (writing) for more than 30 years, the idea of becoming an entrepreneur near retirement seems, well, kind of tiring.

I assumed the rush to be a late life startup relates to worries about retirement income. Unfortunately, that question wasn't directly asked. However, 53 percent did want more money and 32 per cent said that opening a business was part of a retirement strategy.

But for the majority, the motivation doesn't seem to be about money. Fifty-eight percent just want to be their own boss.

Warning! When you operate a business you don't just have one boss; often you have many and it can be hard to serve numerous masters well.

I can understand starting a business that capitalizes on existing skills and contacts to supplement retirement income. This is a natural progression with no steep learning curve.

I guessed that many of those surveyed would follow this path.

Wrong again. Sixty-seven percent intend to venture into something that has nothing to do with their day job. This is where I worry. It's a special person who can start and run a small business after a lifetime of being an employee.

In numbers

- 9.6 million Canadians are boomers.
- 29 per cent of Canadians are boomers.

Forty-two percent of the budding entrepreneurs admit that financing is going to be the big challenge. As a public service I will save them some trouble. They won't get any. A line of credit is likely to be their best and only friend.

On the plus side, boomers have tons of experience — most have weathered difficulties and disappointments. They're also more likely to know how to ask for help and admit mistakes than the younger set. Learning to park your pride takes time.

Another plus. You can't golf or garden in the snow. But weather is no barrier to messing about with a grand idea.

Contact Alison at griffiths.alison@gmail.com or www.alisongriffiths.ca

Gifts

It's not too early to start holiday shopping

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Many consumers are starting their holiday shopping by the beginning of November. ISTOCK IMAGES

On Thanksgiving Monday, my family pulled names from a Santa hat for our Secret Santa gift exchange that will take place over the Christmas holidays. Though it may seem a bit early, with limits of $150 per gift, and only one gift per person, we're ready to start shopping.

According to a poll conducted by Retailmenot.com in October, approximately 40 per cent of consumers start holiday shopping at the beginning of November.

But, 70 per cent of respondents still have a dismal view of the economy and nearly 25 percent are concerned about being able to afford their holiday purchases over the next few months.

Start your holiday shopping early this year and save a bundle.

Having more time to shop is beneficial because you'll be less likely to cave-in to last minute impulse purchases.

You'll have more time to get organized, source out deals, and find coupons.

The IPSOS poll conduced in November of 2011 revealed that Canadians spend approximately $650 on holiday shopping. If you're like most Canadians and get paid twice a month, you have approximately five pay cheques to go before the holidays are here.

If you spread out your purchases equally between each pay period, which will allow you to ease up on your cash flow, you'll spend approximately $130 per cheque ($650 divided by five pay cheques).

If your pay cheques are 100 per cent maxed out, generate some extra cash by working overtime or doing freelance work like writing or cleaning up yards.

Cut out parking expenses and take the bus or Car2Go instead. Forgo eating out and make meals at home. Sell underutilized goods from your house on Kijiji; ensure you post a good picture, description and price it right. Raise your insurance deductible, which can save hundreds each month.

If you're heading down to the U.S. for work or pleasure, pick up your gifts while you're away. With higher duty-free limits, a strong Canadian dollar, greater selection and deep discounts (related to a struggling U.S. economy), you can save big dollars on gifts.

While you're loading up on bulk toilet paper at Costco, look for discounted gift ideas.

Each year I purchase an on-sale box of 12 bottles of quality wine, from a local bulk distributor, which I keep on hand for gifts and dinner parties. I also try to buy more expensive gifts at bulk distributors because their buying power is strong and translates into savings for me.

Rather than stretching your budget to purchase little gifts for everyone in the family, try a Secret Santa where you draw names and only buy one gift.

Alternatively, talk to your family about having a 'lean' holiday season where you exchange small items, baking, or simply spend time together rather than spending money.

No regrets from Sinclair after four-game FIFA ban

Soccer. Canadian Olympic women's team captain was disciplined for behaviour toward official after loss to U.S.

It wasn't Christine Sinclair's scathing comments to the media that landed her in hot water, but her actions toward an official.

Canada's women's soccer captain received a four-game suspension from FIFA last Friday for "displaying unsporting behaviour towards match officials after the match."

The 29-year-old from Burnaby, B.C., said she accepts FIFA's ruling, but has no regrets for her actions following Canada's heartbreaking 4-3 semifinal loss to the United States at the London Olympics.

"I don't regret what I said," Sinclair said on a conference call Monday. "We had just lost the chance at playing for an Olympic gold medal and that's a dream that all of us have, and it was a very intense time and I was emotional and I wouldn't want to change that."

Sinclair was also fined 3,000 Swiss francs ($3,152), plus 500 Swiss francs ($525) as a processing fee. The Canadian Soccer Association will pick up the tab.

The CSA has requested the reasons for judgment from FIFA and expects to receive those in about 10 days.

Sinclair recorded all three goals for Canada in the Olympic semifinal at Old Trafford. Canada had the lead until the Americans pulled even late in the second half before adding the winner in extra time.

Sinclair and several teammates lashed out publicly at referee Christiana Pedersen after feeling robbed in a loss they believed was decided by officials.

"We feel like we didn't lose, we feel like it was taken from us," Sinclair said after the final whistle. "It's a shame in a game like that that was so important, the ref decided the result before it started." THE CANADIAN PRESS

Quoted

"No, I don't ultimately believe that (Christiana Pedersen) went into the match hoping the U.S. would win."

Christine Sinclair when asked Monday if she truly believed the semifinal match against the U.S. was fixed by referee Christiana Pedersen.

Cuba vs. Canada

FIFA head responds to defections

FIFA President Sepp Blatter plans to speak with Cuban officials after three national team players defected in Canada ahead of a World Cup qualifier last week.

The players disappeared nine months after two players with the Cuba women's team fled to the United States following a match against Canada in Vancouver.

Blatter said Monday that the defections had become "a presidential question" for FIFA and not just an issue for the competitions department.

THE ASSOCIATED PRESS

Canadians prepare for 'hell' of a match in Honduras

Canada's men's national soccer team gather for practice in San Pedro Sula, Honduras, on Monday. Canada faces Honduras in a key World Cup qualifying match on Tuesday. Canadian midfielder Julian de Guzman knows what to expect when he emerges onto the pitch at the Estadio Olimpico Metropolitano. "You're going to expect hell," the veteran of three World Cup qualifiers said Monday. NEIL DAVIDSON/THE CANADIAN PRESS

NFL. Mood a little merrier with Buffalo back at .500

Shawne Merriman is back in Buffalo after the Bills re-signed the free-agent pass-rushing star to bolster their banged-up defence.

The Bills (3-3) announced the signing Monday, after returning home from an extended West Coast trip, and a day after a 19-16 overtime win at Arizona worked them into a four-way tie for first place in the AFC East.

"You can never have too many guys that we believe can rush the passer," coach Chan Gailey said. "We'd rather not go into a game with just three defensive ends."

Merriman returns to the Bills two months after the team cut the three-time Pro Bowl selection, in part because it wanted to develop several younger players. Buffalo's priorities have since changed after the team's depth has been depleted at defensive end. Veteran end Chris Kelsay said the adjustment will be easier since Merriman knows the territory.

Shawne Merriman with the Bills last October in Buffalo. GETTY IMAGES FILE

THE ASSOCIATED PRESS

NHL

CBA talks to return to 'main issues' on Tuesday

The key negotiators in the NHL's collective bargaining talks will look to start bridging the gap on economic issues when they resume negotiations.

A meeting between the league and union is scheduled for Tuesday morning. The two sides will discuss "ideas for moving the process forward on the main issues," according to deputy commissioner Bill Daly.

Beyond that, there is no set agenda.

The session will feature commissioner Gary Bettman and Daly for the NHL and executive director Donald Fehr and special counsel Steve Fehr for the NHL Players' Association.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
You may be a bit short-tempered today, especially where money matters and business issues are concerned. If you let your negative feelings get the better of you, bad and divisive words could follow. It's really no big deal.

♉ Taurus
April 21 - May 21
You may not be lacking in confidence but confidence is not what you need more of today — you need more common sense. If you take on too much or challenge someone who is bigger than you, the results won't be pretty.

♊ Gemini
May 22 - June 21
You must not allow loved ones and colleagues to pile more work on your plate. Be wary of those who try to use emotional blackmail to get their way. You have nothing to feel guilty about, whatever they might say.

♋ Cancer
June 22 - July 23
You may find it hard to keep your cravings in check over the next 24 hours and that could jeopardize a relationship that is fragile. Variety may be the spice of life, but do you really have to sample everything?

♌ Leo
July 24 - Aug. 23
Your home life and your working life will clash today. Only you can decide which means more to you, but think twice before you sacrifice your ambitions for the sake of a loved one. Would they do the same for you?

♍ Virgo
Aug. 24 - Sept. 23
No matter how much others may irritate you today, you must keep your emotions under control. The planets warn if you say or do anything hurtful now, you will pay for it later.

♎ Libra
Sept. 24 - Oct. 23
You may think that you will lose out if you don't make a quick decision but it isn't true. In fact, the longer you put off making a choice the more likely it is others will make the right choice for you.

♏ Scorpio
Oct. 24 - Nov. 22
You will be even more imperious than usual today, maybe as an over-reaction to yesterday's new moon. Don't be too aggressive though or it could cost you. It will take time and effort to repair a damaged friendship.

♐ Sagittarius
Nov. 23 - Dec. 21
Although you find it easy to get out into the world and make new friends, you also need to reserve some time and space for yourself. Stand back from the hustle and bustle today, and just enjoy being yourself.

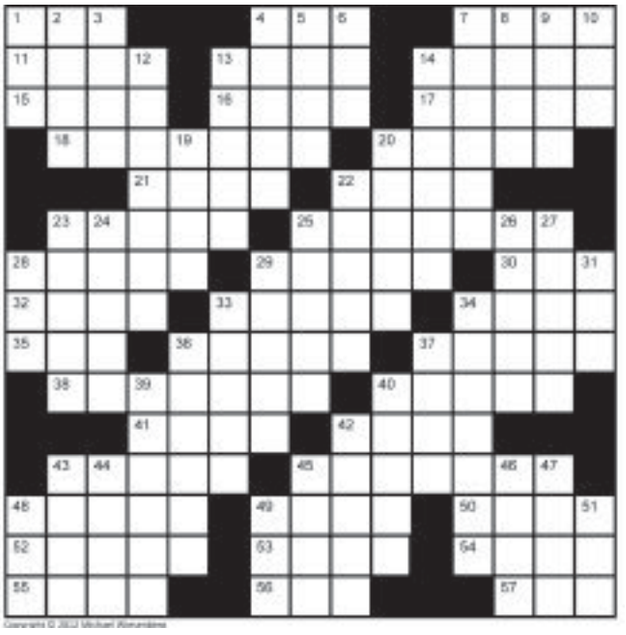
♑ Capricorn
Dec. 22 - Jan. 20
Take care you don't go over the top today, either at home or at work. If you do, you are sure to regret it. Tone down your act a bit and give your rivals more respect. They're not really enemies.

♒ Aquarius
Jan. 21 - Feb. 19
Be nice to everyone you meet over the next 24 hours but especially to employers and people in positions of authority. The last thing you want is to give them an excuse to make life difficult for you.

♓ Pisces
Feb. 20 - March 20
New ideas and new ways of doing things may look attractive but don't discard the old ways all in one go. Aim to get the balance right and get the best of both worlds — it's not really hard. SALLY BROMPTON

Canadian Singers Cross Each Other

BY MICHAEL WIESENBERG



Across
1. Flower garden
4. Official Parliament opposition: initialism
7. Chief
11. Allies' foe in WWII
13. Belle's boyfriend
14. Becomes weary
15. Essence of an argument
16. Bring in, as wages
17. Raises, as children
18. IMAX ___
20. Burnaby, BC-born pop singer Michael
21. Brains
22. Dainty fabric
23. Cathedral topper
25. ___ Party: Canada's oldest federally registered party
28. People buy Dr. Scholl's products for these
29. Spelunking sites
30. Box cover
32. Online report
33. Three goddesses of destiny, with "the"
34. Voice type between soprano and tenor
35. Soup container, often
36. Buenos ___, Argentina
37. Oak nut
38. Alberta's third-largest municipality (after Calgary and Edmonton) (2 wds.)
40. Decrease in intensity
41. How a lazybones hangs around
42. Brought to court
43. Longed (for)
45. Refer to incidentally
48. Cake maker
49. ___ et Chandon champagne
50. Violently frenzied
52. Affirms positively
53. Pea containers
54. Central area of a church
55. Afternoon affairs
56. Pig pen
57. Sunbeam

Down
1. Paper or plastic grocery item
2. Egress
3. Satellite TV receiver
4. Approaches
5. "Bet you can't," e.g.
6. Sometimes groan-inducing bit of wordplay
7. Justin ___: London, Ontario-born Never Say Never pop star
8. Spoken
9. Desiccated
10. Serpentine warning
12. Preparing a beef and vegetable dish
13. Singer Midler or actress Davis
14. Breaks from fighting
19. Broadcasts
20. Infants "in the woods"
22. A cat has nine
23. Alternative to fossil fuels
24. On one's belly
25. "Toodle-oo"
26. Assign as one's share
27. Gasoline unit
28. Blue Jays' games airer
29. Mariah ___: 1990 Best New Artist Grammy winner
31. Controversial hockey commentator Cherry
33. Ballpark
34. Early French Canadian
36. Poisonous snakes
37. Aid, particularly someone in the commission of a crime
39. Informal roadside restaurants
40. Cousins' mothers
42. Shabby
43. Apply asphalt
44. Big name in home furnishings
45. No longer relevant
46. Rubaiyat poet Khayyam, actor Sharif, or *House* actor Epps
47. ___ Scotia
48. Dracula creature
49. Parliamentarians, for short
51. Door opener

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

					2	4		
			3	6		8		
4	5	2				6		
9			1		5		6	
	8						7	
	3		4		9			8
		8				7	9	3
		5		1	8			
		4	2					

Yesterday's Sudoku

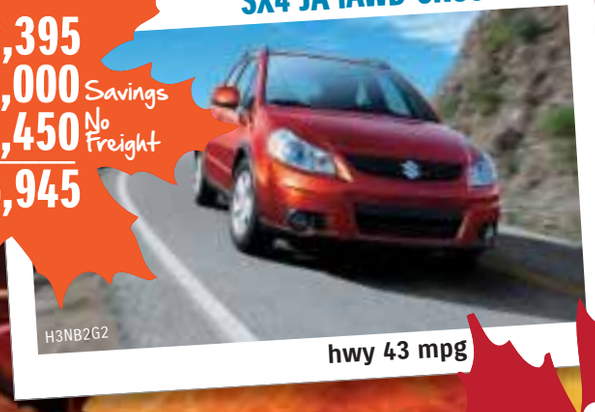
5	1	2	9	6	8	3	7	4
8	3	7	1	2	4	9	5	6
6	9	4	7	5	3	8	1	2
7	8	6	5	3	9	2	4	1
3	4	1	6	8	2	7	9	5
9	2	5	4	7	1	6	3	8
1	6	3	2	9	5	4	8	7
2	5	9	8	4	7	1	6	3
4	7	8	3	1	6	5	2	9

NEED A RIDE?
Read metrodrive every Wednesday.

www.ultimateautomobiles.ca

FALL *for the* SAVINGS

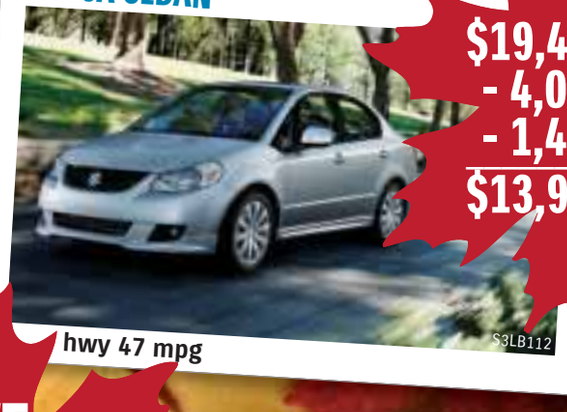
SX4 JA iAWD CROSSOVER



$22,395
- 4,000 Savings
- 1,450 No Freight
$16,945

hwy 43 mpg

SX4 JA SEDAN



$19,435
- 4,000 Savings
- 1,450 No Freight
$13,985

hwy 47 mpg

SAVE up to $6,900

KIZASHI S iAWD

$29,695
- 4,250 Savings
- 1,550 No Freight
$23,895

hwy 42 mpg

GRAND VITARA 4WD

$28,795
- 5,250 Savings
- 1,650 No Freight
$21,895

hwy 33 mpg

CLEAR *the* SHELVES *of the* TWELVES

ULTIMATE SUZUKI

formerly Saturn of London

With these Great Cash Offers, remaining 2012 inventory at Ultimate Suzuki won't last long.
The Ultimate Sales Team has also put together some great finance and lease offers.
Help them make room for the 2013 models, put a Suzuki in your driveway.

TIME IS RUNNING OUT

ULTIMATE SALES TEAM

Prices you will love!

SUZUKI Way of Life!

ULTIMATE SUZUKI

WHARNCLIFFE AT SOUTHDALE, LONDON
1.866.251.6005

DREAMS INTO REALITY · 40 YEARS · PEACE OF MIND SERVICE

CONSUMERS SHOULD READ THE FOLLOWING: *All offers and Selling Price include Delivery & Destination ($1,550 for Kizashi/$1,450 for SX4/$1,650 for Grand Vitara models), $100 A/C Excise Tax (where applicable). Offers and Selling Price exclude PPSA up to $72 (when financing), applicable taxes (including HST and tax for fuel conservation, where applicable), license, registration and insurance. Vehicles may not be exactly as shown. These offers cannot be combined with any other offers and are subject to change without notice. The cash credit offer of $4250 on 2012 Kizashi S iAWD, $5250 on 2012 Grand Vitara, $4000 on 2012 SX4 JA iAWD & $4000 on 2012 SX4 JA sedan cannot be combined with any other offer. Vehicle images shown may include optional upgrades. Limited time cash savings offers are available on a new 2012 Kizashi S iAWD, 2012 SX4 Crossover JA iAWD with manual transmission, 2012 Grand Vitara Urban 4WD and a SX4 Sedan JA MT. Offer valid until October 30, 2012.